



# Mental Health

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## Myths

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### Asking For Help



**Mental and emotional health issues are treatable. Counselling, medications, community supports or a combination of these can make a positive difference in overall well-being. Asking for support may be difficult, but Kids Help Phone is here to help.**

#### DID YOU KNOW?

Struggles with strong emotions are a typical part of growing up. When those feelings become overwhelming or last for an extended period of time, they may be signs of something more serious.

Mental health issues are treatable. There are many options for help.

The support of family, friends and professionals can help you feel better, sooner.

Language matters. For example, words like “crazy” are not helpful and are filled with negative judgments and assumptions. These types of words discriminate against people experiencing mental and emotional health challenges and make it harder to reach out for help.

**... We can all benefit from having supportive people in our lives, especially when we're experiencing difficulties.**

### CONNECT WITH KIDS HELP PHONE

If you need one-on-one time with someone who gets what's going on in your life, you can connect anonymously with Kids Help Phone. Our counsellors are available 24 hours a day, seven days a week to support you with whatever you're going through.



**CALL** Kids Help Phone at  
1-800-668-6868.



**LIVE CHAT** at [KidsHelpPhone.ca](https://www.kidshelpphone.ca).



**TEXT** with a Crisis Responder at  
686868.



# Mental Health

## Myths

Asking For Help (continued)

### Some of the reasons you may not seek help:

- Feeling that reaching out for help will not make a difference — you may feel that there is no chance of solving your problems or not know that options for treatment exist.
- Believing you have to deal with what/how you're feeling alone.
- Thinking that no one really cares.
- Thinking that the way you're feeling is "normal" or a part of growing up.
- Being afraid that seeking help means you'll be labelled as "crazy."
- Feeling afraid you won't be heard.
- Past experiences of receiving a bad reaction when you've opened up.
- Misunderstanding around treatment or being on medications.

### FINDING SUPPORT

We can all benefit from having supportive people in our lives, especially when we're experiencing difficulties. Here are some people you may consider reaching out to:

- family and friends
- counsellor or therapist
- school staff (teachers, guidance counsellors, social workers, etc.)
- people in your community (coach, spiritual leader, etc.)

### WHEN IN DOUBT TRY AGAIN



If you or someone you know has had an experience with mental health services that you didn't find helpful, it's natural that you may not want to open up and go down that road again. It's important to keep trying because helpful support is available. This may mean trying another service, such as group counselling, or a different service provider.

If you feel like you need more support, it's OK to ask. Kids Help Phone counsellors can talk with you about what you're going through and help you locate services in your area at 1-800-668-6868.



If you're a young person who's struggling with a problem, big or small, you can always contact Kids Help Phone. We're free, anonymous, confidential and available 24/7.

1-800-668-6868

[KidsHelpPhone.ca](https://www.kidshelpphone.ca)

Download our free chat app.